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# Professional well-being

## Key information

## Learning outcomes & description

## Accredited module details

## Key information

**Available for translation**

**Target group**

**Asylum and reception officers, and all profiles working in the field of asylum and reception**

**EQF/MQF level**

**Level 5**

## Version

**Version 2 (2025)**

## Entry requirements

**Full qualification at EQF Level 4 or equivalent AND proficiency in English**

## Prerequisites

**n/a**

## Assessment

**Open-ended questions**

## Languages

**English, Portuguese, Spanish, German, Polish, Czech & Lithuanian (version 2)**

**Macedonian & Serbian (version 1)**

# Learning outcomes & description

## DESCRIPTION

**This module aims to provide learners with knowledge, skills and competences related to the main potential psychosocial hazards in professional environments and identify strategies to protect ones' own professional wellbeing.**

**It covers key themes of professional wellbeing with a focus on the context of the everyday tasks of officials in asylum and reception contexts.**

## LEARNING OUTCOMES

**At the end of this module, the learner will be able to:**

### ***Knowledge***

1. **Identify the basic elements through which wellbeing at work can evolve motivation, work engagement, stress, burnout, and identify drivers that can lead from wellbeing to stress and burnout.**

2. **Identify signs of poor wellbeing and understand the impact of poor wellbeing in asylum and reception contexts.**

3. **Identify the main strategies to protect one's own professional wellbeing to build physical, psychological and social resources.**

### ***Skills***

4. **Recognize in real life the basic elements through which wellbeing at work can evolve: motivation, work engagement, stress, burnout, and drivers that can lead from wellbeing to stress and burnout.**

5. **Apply the main strategies to protect one's own professional wellbeing to build physical, psychological and social resources.**

### DELIVERY METHOD

**This module is delivered entirely online, through self-paced learning.**

### ASSESSMENT STRATEGY

**The assessment strategy is based on one scenario assessment, with open-ended questions conducted online.**

**In the first task, the learner will be asked to recognise stress drivers in the given scenario. In the second task, the learner will be asked to recognise signs of poor wellbeing in the given scenario. In the third task, the learner will be asked, reflecting on the same scenario, to identify, in the given case related to asylum contexts, strategies that could be applied to protect ones' own professional wellbeing using different kind of resources: physical, psychological, and social.**

# Accredited module details

***Accredited module details***

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|---|---|
| **Duration** | **11 hours online learning (self-paced)** |
| **Number of ECTS** | **1** |
| **Language** | **English** |
| **Assessment** | **2 hours** |

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